

Pastoral Message from Fr. George for 7.21.23

One of my favorite pursuits is reading. I like to research opinions of those outside my perspective to gain insights and gifts God has given others. This week, I ask you to read the following article that appeared in YourPositiveOasis.com (May 25, 2023). It was written by Damien Thomas. After requesting his permission to share his insights with you, he kindly agreed. I hope you will benefit from considering these 25 values he noted were important to live by. As noted this past Sunday, God is the light of the world and we are asked to reflect His light in all that we do. The following values assist us along the way:



In today's fast-paced world, it is very easy to get caught up in the hustle and bustle of everyday life, often neglecting the core values that shape who we are and how we interact with the world around us. Living a life aligned with our values will help to bring us a sense of purpose, fulfillment, and inner peace.

In this article, we will explore 25 of the most important values to live by. By all means this is not a definitive list of important values, but I hope that they will at least serve as a roadmap to help you navigate through some of life's challenges.

I hope that this list will also inspire you to perhaps make some positive choices that will align you with your true self.

1. Authenticity: Being authentic means staying true to oneself, embracing your unique qualities, and expressing your thoughts and feelings genuinely. It involves living in alignment with your core beliefs, not succumbing to societal pressures or trying to be someone you are not.

2. Integrity: Integrity is the quality of being honest, ethical, and consistent in your actions and words. It also means doing the right thing, even when no one is watching, and taking responsibility for your choices and their consequences.

3. Compassion: Compassion is the ability to empathize with others and show kindness and understanding. It involves actively seeking to alleviate the suffering of others and promoting a sense of interconnectedness and harmony in the world.

4. Gratitude: Practicing gratitude involves recognizing and appreciating the blessings that you have in your life, big and small. It shifts your focus from what is lacking to what is present, nurturing a sense of contentment and cultivating a positive perspective.

5. Resilience: Resilience is the ability to bounce back from adversity, setbacks, or failures. It involves developing a growth mindset, learning

from challenges, and using them as steppingstones for personal growth and development.

6. Empathy: Empathy is the ability to understand and share the feelings of others. It requires active listening, putting yourself in someone else's shoes, and responding with kindness and support.

7. Courage: Courage is the willingness to face fear, take risks, and pursue your goals and dreams despite any uncertainty or obstacles. It involves stepping out of your comfort zone and embracing new opportunities for personal growth.

8. Honesty: Honesty is the foundation of trust in relationships. It involves speaking the truth, being transparent, and acting with integrity in all aspects of your life.

9. Respect: Respect involves recognizing the inherent worth and dignity of all individuals, regardless of their differences. It encompasses treating others with courtesy, listening to their perspectives, and valuing diversity.

10. Responsibility: Taking responsibility means being accountable for your actions, choices, and their impact on yourself and others. It involves fulfilling your obligations and commitments with diligence and reliability.

11. Humility: Humility is the ability to acknowledge your strengths and weaknesses without arrogance or excessive pride. It involves recognizing the contributions of others, being open to learning, and embracing a lifelong journey of self-improvement.

12. Forgiveness: Forgiveness is the act of letting go of resentment, anger, or grudges towards others or oneself. It involves cultivating empathy and compassion, allowing healing and reconciliation to take place.

13. Patience: Patience is the ability to remain calm and composed in the face of delays, obstacles, or difficulties. It involves understanding that some things take time and practicing acceptance while maintaining a positive attitude.

14. Generosity: Generosity is the act of giving freely and selflessly, whether it be time, resources, or support. It involves cultivating a spirit of abundance and sharing, nurturing a sense of interconnectedness, and contributing to the well-being of others.

15. Love: Love is a universal value that transcends boundaries and brings people together. It involves showing care, affection, and compassion towards yourself and others around you, promoting harmonious relationships and a sense of belonging.

16. Curiosity: Curiosity is the desire to explore, learn, and understand the world around you. It involves asking questions, seeking knowledge, and embracing new experiences with an open mind.

17. Balance: Balance involves finding harmony in all aspects of your life, including work, relationships, health, and personal growth. It involves setting boundaries, prioritizing self-care, and maintaining a sense of equilibrium.

18. Authentic Relationships: Authentic relationships are built on trust, open communication, and mutual respect. They involve surrounding

yourself with people who support and uplift you and that nurture personal growth and well-being.

19. Environmental Stewardship: Environmental stewardship involves taking responsibility for the well-being of the planet. It encompasses sustainable practices, minimizing waste, conserving resources, and active advocacy for the safeguarding of the environment.

20. Education: Education is the foundation for personal and societal growth. It involves a lifelong commitment to learning, expanding knowledge, and cultivating critical thinking skills.

21. Self-Reflection: Self-reflection involves introspection and examination of one's thoughts, beliefs, and actions. It allows for personal growth, self-awareness, and the ability to make conscious choices aligned with your values.

22. Adaptability: Adaptability is the ability to adjust and thrive in the face of change. It involves embracing uncertainty, being open to new perspectives, and seeking opportunities for growth and learning.

23. Mindfulness: Mindfulness is the practice of being fully present in the moment, without judgment. It involves cultivating awareness, paying attention to one's thoughts and emotions, and nurturing a sense of inner peace and clarity.

24. Purpose: Living with purpose involves aligning your actions and choices with a greater sense of meaning and direction. It involves identifying your passions, values, and goals and pursuing them with intention and dedication.

25. Joy: Joy is the experience of deep happiness and contentment. It involves finding joy in the simple pleasures of life, cultivating gratitude, and nurturing positive emotions.

Living a life aligned with your values is a transformative journey that will lead to greater fulfillment, happiness, and personal growth. As I mentioned earlier, these 25 values serve as a compass rather than a definitive list of values that will help to guide you through life's many challenges and choices.

Embracing them can bring a deeper sense of purpose, meaningful relationships, and a positive impact on the world around you. Remember, living by your values is not a destination but a continuous process that requires self-reflection, commitment, and the willingness to evolve. Start today, and let these values become the guiding principles that shape your extraordinary life.



Eternal Memory!

On behalf of our parish family, Fr.

George expresses our deepest condolences on the falling asleep of God's faithful servant, Eugenia Frang, on Sunday morning. We pray for God's peace and strength as we offer support and encouragement to her family.

As we mourn Eugenia's loss, let us take consolation that she helped begin our parish two decades ago. We are thankful for her unwavering support. Her strong faith and love for others, along with her gentle spirit inspired us and will be treasured forever.



Indeed, we are consoled by the love she had for her family. This four-generational photo of Eugenia with her family, including her daughter, Chrissoula, her son, Michael, her granddaughter, Apostolia, and her great granddaughter, Thalia, at her baptism earlier this year at St. Christopher Church reflects the "light of Christ" Eugenia shared with her family and friends. Eugenia's grandson, Markos, is the Godfather pictured holding his Goddaughter. What a memorable moment.

May Eugenia's memory be eternal! [Click here for Funeral arrangements.](#)

The Light of Christ Shines Upon Us All!

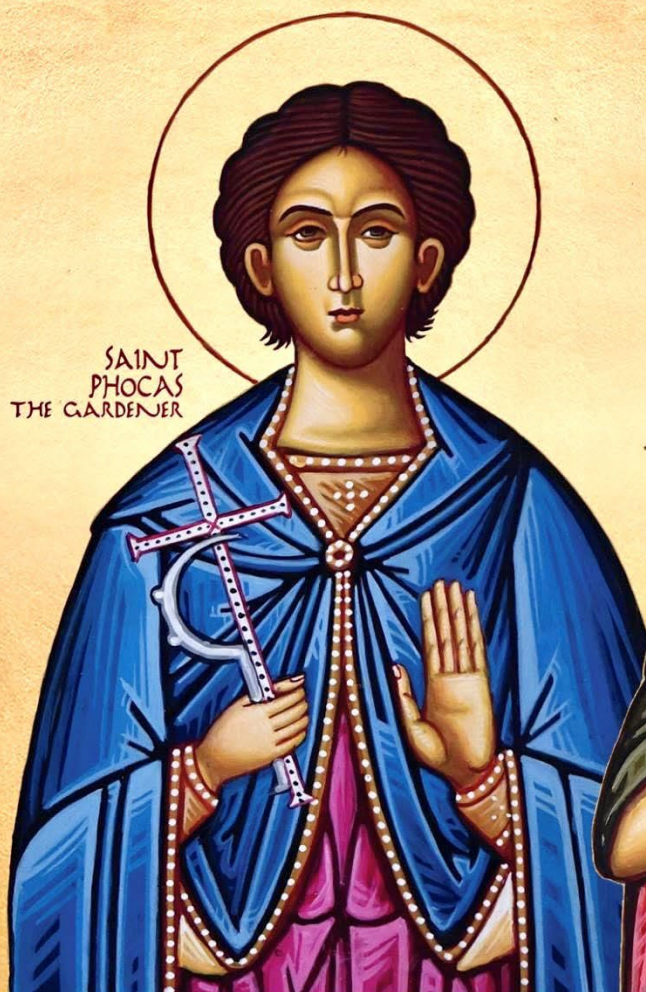


The light of Christ shines every day through each of us...

- 1 – Brother Clergy sharing God’s blessings of friendship and love**
- 2 – God blesses mothers with the gift of new life to share with others**
- 3 – Christ beckons each of us to reflect His light, love, mercy, and forgiveness**
- 4 – God inspires us to serve as His faithful stewards managing His creation**
- 5 – Our parishioners go “above & beyond” in serving those in need**

Whatever you do
work at it with
all your heart
as working for the Lord,
not for men

Colossians 3:23



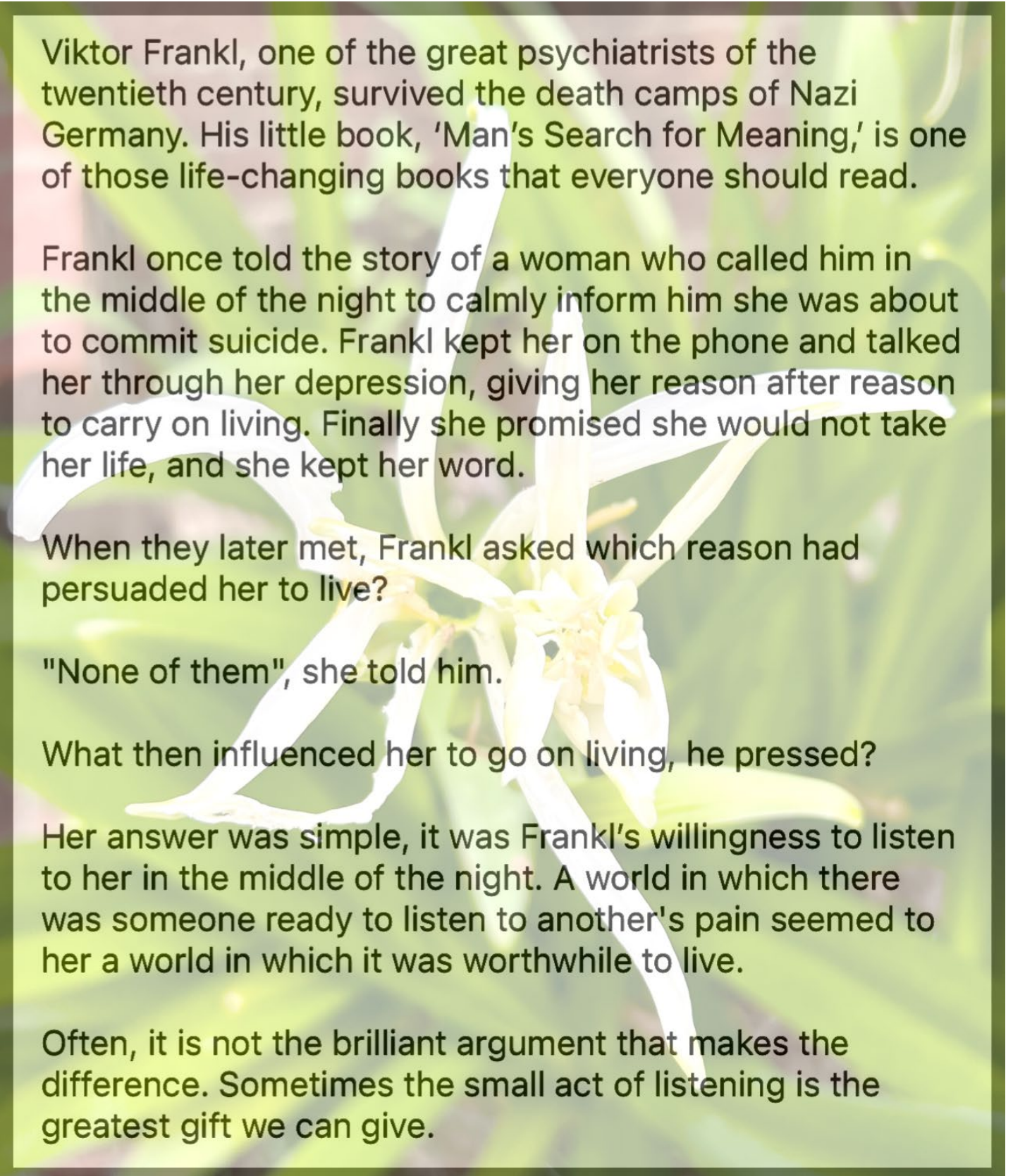
SAINT
PHOCAS
THE GARDENER



SAINT
EUPHROSYNOS
THE COOK



STEWARDSHIP
MINISTRY



Viktor Frankl, one of the great psychiatrists of the twentieth century, survived the death camps of Nazi Germany. His little book, 'Man's Search for Meaning,' is one of those life-changing books that everyone should read.

Frankl once told the story of a woman who called him in the middle of the night to calmly inform him she was about to commit suicide. Frankl kept her on the phone and talked her through her depression, giving her reason after reason to carry on living. Finally she promised she would not take her life, and she kept her word.

When they later met, Frankl asked which reason had persuaded her to live?

"None of them", she told him.

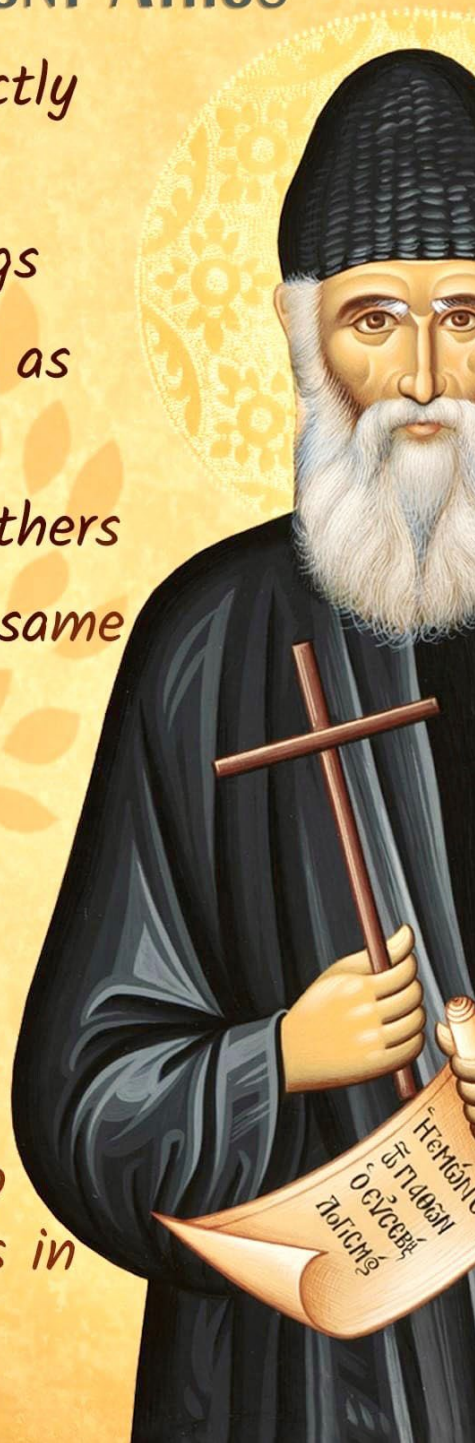
What then influenced her to go on living, he pressed?

Her answer was simple, it was Frankl's willingness to listen to her in the middle of the night. A world in which there was someone ready to listen to another's pain seemed to her a world in which it was worthwhile to live.

Often, it is not the brilliant argument that makes the difference. Sometimes the small act of listening is the greatest gift we can give.

8 TIPS ON HOW TO STOP JUDGING OTHERS FROM ST PAISIOS OF MOUNT ATHOS

- 1 Free yourself from what is strictly human-oriented
- 2 Focus on your own shortcomings
- 3 Try to realize your fall as soon as possible and ask for forgiveness
- 4 Be harsh on yourself, not on others
- 5 Remember you can fall in the same mistake
- 6 Reflect on man's past, on the advantages you had and did not capitalize on them
- 7 Say to yourself: 'I don't always think right, I often make mistakes'
- 8 Gain discernment to be able to consider mitigating circumstances in the case of others



St Nicodemus the Hagiorite

Useful facts about prayer

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Types of prayer

Prayer of praise to God

Prayer of thanksgiving for all His blessings

Prayer of confession of sins

Prayer of intercession

Ways you can pray

Inner prayer (mentally)

Outer prayer (spoken)

Time for prayer

In the evening, after dinner

At midnight

In the morning

At the four Hours established by the Church

Unceasingly during the time you do your job or other ministry

Place for prayer

The Church

The most quiet corner of your house

